



Marinades

Fresh Herb

1/2 cup extra virgin olive oil
Zest of 1 lemon
1/4 cup fresh lemon juice
1 tablespoon honey
1 garlic clove, minced or grated
1/4 cup chopped fresh parsley
1/4 cup chopped basil, dill, cilantro or oregano
sea salt & fresh black pepper to taste
1/2 teaspoon crushed red pepper flakes (optional)

Ginger Sesame

1/2 cup toasted sesame oil
1/4 cup tamari soy sauce
2 tablespoons grated ginger
2 garlic cloves, minced or grated
sea salt to taste

Mexican

1/4 cup freshly squeezed lime juice
1/2 teaspoon ground cumin
pinch ground cayenne
1/2 cup extra virgin olive oil
1 tablespoon finely chopped cilantro
(can substitute parsley)
sea salt & fresh black pepper to taste

Balsamic

1/2 cup extra virgin olive oil
1/4 cup balsamic vinegar
2 garlic cloves, minced or grated
2 teaspoons Dijon mustard
sea salt & fresh black pepper to taste

Mediterranean

1/4 cup red wine vinegar
1 tablespoon dijon mustard
1 tablespoon dried oregano, thyme & rosemary
1/2 cup extra virgin olive oil
sea salt & fresh black pepper to taste
red pepper flakes, optional

Asian

1/4 cup rice vinegar
1 shallot, finely diced
1 tablespoon tamari
1/4 cup toasted sesame oil
1/4 cup avocado oil
sea salt & fresh black pepper to taste